

Learn With LOUIS



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Métis Cultural Connections

THE FLOWER BEADWORK PEOPLE

Métis are known for their beadwork and are often called "The Flower Beadwork people" because of their distinctive beadwork of floral design. Métis women involved in the fur trade in 1600-1800s, made contact with European trade items that introduced beads which were most commonly glass beads. By combining techniques of First Nation quillwork with European embroidery and floral patterns, Métis women were the first to introduce beadwork to decorate clothing and personal items.

By the 1830s, beadwork could be found on almost every item of traditional clothing and was a popular and high-valued trade item. The Métis became famous for the floral beadwork, as floral designs are used in everyday beading.

Through sharing cultural practices and history, beading has been passed down through generations to ensure it is still a current form

of artistic expression for Métis people. Métis Family Connections Navigator for the Thompson-Okanagan region, Kim Hodgson is an example of a talented, contemporary Métis beader who has carried on the culture and tradition through her own beautiful work. "My beading is an artistic



Photo by: Kim Hodgson

expression of my culture; I am inspired by connecting to the land and reflecting on the natural environment. Métis traditional beading creates wellbeing and a sense of belonging. I bead with gratitude for the Métis artists that came before me and those that create alongside me."

Today, beadwork is used by Métis artisans to decorate items such as moccasins, clothing and jewelry, and it is a point of inspiration for many contemporary Métis artists who practice in other mediums. If you would like to learn how to bead, reach out to your Chartered Community to see if any classes are being offered in your area!

Buffalo Bulletin

MÉTIS TRADITIONAL LIFE WAYS CONNECT US TO THE LAND AND OUR ANCESTORS AND TRANSMITS KNOWLEDGE TO OUR CHILDREN. LEARN TO ACKNOWLEDGE, HARVEST, GATHER, AND SHARE NATURAL RESOURCES

Métis culture has always been a land-based culture. Trappers and traders historically made their living off the land and survived in the wilderness for days on end. Today, hunting and harvesting connects Métis people to our traditions and our ancestors and exemplifies the values of personal discipline and respect for all parts of the land and ecosystem. An example of how the Métis people would practice this respect is through their use of all parts of the animals that they hunted. Métis people would waste no parts of the animals.

Hide tanning is one example of using all parts of the animals they hunted. Métis families would use animal hides to create clothing, art, carriers (such as bags and baby carriers) and, of course, to trade furs. The Métis women were responsible for tanning

all the hides and were in charge of making all the clothing for their families. They either used tanned animal skins, such as deerskins or moose hide, or used cloth acquired through trade with the Europeans.

Moccasins are just one example of clothing that was made from animal hide. These moccasins were usually made from brain-tanned caribou or moose hide (The Metis: Religion / Ceremonies / Art / Clothing (firstpeoplesofcanada.com). For a great visual presentation on how to brain tan a bison hide, see this tutorial from the Louis Riel Institute: Hide Tanning (metismuseum.ca)

Various Chartered Communities across B.C (British Columbia) offer hide tanning workshops from time to time; ask your local Chartered Community if a workshop will be coming up in your area.



Photo by: Kaa-Wiichihitoayaahk

Louis Kid's Club SHADOW AND LIGHT GAMES



Métis have always used toys and games as a way to transfer knowledge and teach skills to children. The toys and games were constructed out of materials that

were readily available. The shadow and light game is a way that children can practice basic construction skills and learn the tradition of storytelling.

Shadow and Light Games: "Paper cutouts of animals and other characters were made to form a light show on the wall when held in front of the coal oil lamps. Mothers had many fantastic stories for these characters as they entertained their children. Hand shadow figures were used for the same purpose."

(Barkwell, Dorion, & Hourie, 2006, p. 157) Métis Legacy II

Materials:

- Cardboard, construction paper or poster paper
- Glue, Tape
- Scissors
- Wooden Sticks, pencils
- Lamp or Flashlight

Make cutouts of animals and other shapes that you want to use in your shadow and light show. With tape or glue attach a handle using cutout cardboard, a wooden stick, or a pencil. To make the shadows, position the shapes between the light and wall or other background. Adjust the distance and position of the shapes to make the shadows and movements that you want. Create your own story or retell a story from a book such as "The Giving Tree: A Retelling of a Traditional Métis Story" or "Métis Camp Circle: A Bison Culture Way of Life." Written and illustrated by Leah Dorion, Michif translation by Norman Fleury.

Have fun creating a shadow and light show for your family and friends!

Praentaan
(Spring)



Michif with Maddy the Magpie

THE NATIONAL MÉTIS LANGUAGE IS MICHIF, A DISTINCT LANGUAGE DEVELOPED FROM FRENCH, CREE AND OTHER FIRST NATIONS LANGUAGES. HAVE FUN LEARNING MICHIF WITH MADDY THE MAGPIE.

Michif is the national Métis language. It is a unique language that developed in the Red River in the early 1800s and has features of French, Cree and other First Nations languages. Maddy the Magpie would like to share some words in Heritage Michif with you!

To find out how to say Maddy's words go to http://www.metismuseum.ca/michif_dictionary.php or download the App "Heritage Michif to Go" on iTunes or google play.

Spring: Praentaan

The Seed: Lii grenn

Grow: Ahkihiw

The mud: La boo

Life/the life: Pimatishhk or la vii

It is raining: kimoowun

The sun: Li salay

The Magpie: La kue di renn

To learn Michif, go to www.learnmichif.com

What's your name, where you from?

ALYSSA (DUMAIS) CREES

Hello, my name is Alyssa (Dumais) Crees. I was born in Dawson Creek, BC (British Columbia) and raised in Pouce Coupe, only about 10 km's out of Dawson on the traditional territories of the Kelly Lake Metis Settlement Society, Beaver, Michif Piyii and D  n  ndeh First Nations.

I moved to the lower mainland in 2008 and currently reside in Aldergrove with my husband and our 5-year-old daughter. We try and participate in as many opportunities to learn and celebrate our culture and heritage as a family.

My family's story is that Pascal Bonneau, a distant relative of mine, was one of the men that transported and guarded Louis Riel's body

at the church after his death. Most of my family settled in Northern British Columbia in Dawson Creek, but I have family all over, a few that come to mind are Batoche, Meadow Lake, Lac La Biche, Grouard and Willowbunch, which is the home of Edouard Beaupre, the giant, who was my grandpa's dad's first cousin. I wasn't completely immersed in family history growing up, more traditions, and practices. It wasn't until later in adulthood that I started to ask questions about my family's experiences and what life was like back then. I am rediscovering my family roots and attempting to create a lasting family tree that I can pass down to my daughter so she can grow up with the knowledge of how our family came to be and be as proud as I am to be who we are and where we came from.

SHARE YOUR FAMILY'S CONNECTION AND JOURNEY WITH THE M  TIS NATION COMMUNITY. TELL YOUR STORY AND HAVE YOUR FAMILY FEATURED IN THE NEXT EDITION OF *LEARN WITH LOUIS*. SUBMIT YOUR STORY TO: M  TISEARLYYEARS@MNBC.CA

Spring is Here! PLANNING YOUR GARDEN (EXCERPT FROM MNBC GARDENING NEWSLETTER)

While many places in B.C. are still getting snowfall, March brings the excitement of planning for your garden. It's a great time to look at the space you have, budget, and determine the seeds you'd like to plant based on that. Also bring your previous years' experience to your planning stage! I'm currently in my fifth year gardening at our home and each year I've learned and needed to do adjustments for the next year. I'm learning about making our garden more resilient to extreme weather systems and how to properly care for it year after year. I've also learned to maximize the space we have with the foods we like to eat instead of trying to plant as many different vegetables as possible.

Here are the steps I like to take when planning my garden:

STEP 1: Reflect on previous year's challenges and successes. Should my garden be adjusted based on past years' experience.

STEP 2: Determine a budget for this year's garden and list all materials and supplies needed to grow.

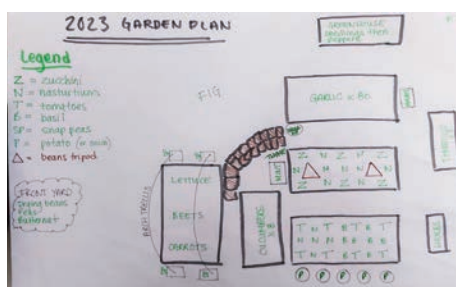
STEP 3: Draw out your garden plan. If this is a new garden you probably already have an idea in mind on where to place it as well as dimensions. You'll have to think about things like watering access, sunlight, elevation, and wind. If this is not your first year, plan your crop rotation and where plants will be located. Also plan for companion planting! The next two sections of this newsletter are excerpts from MNBC's Gardening Manual on these subjects.

STEP 4: Purchase seeds and where needed start indoor seedlings. I personally like to wait closer to April to start seedlings because I do not have the indoor space to have them grow while I wait for the temperatures to be right. There are also usually indications on your seed packages, follow these guidelines to help you determine when to start your seedlings.

Planning & Prepping Your Garden (from MNBC Gardening Manual)

There are six main factors to keep in mind when choosing a garden site:

1. WATER SOURCE: The site should be close to a source of water. Plants grow much better when watered with warm water (15 - 25  C). Irrigation is much more efficient than hand watering.



2. SECURITY: When possible, a site should be near enough to one's house for supervision. Protecting the site with a fence is a good idea to deter animals from grazing.

3. SOIL: The soil must be well drained. The cleared but untilled new site should have a soil depth of at least 12" and cleaned of rocks and roots. Compost, organic matter, and fertilizer can be added to soil to improve it.

4. ELEVATION: If you have the option, choose higher rather than lower lying land for your garden site. Higher ground is usually warmer with better air circulation and has better water drainage.

5. WINDS: Exposure to high or steady winds can ruin an outdoor garden by damaging plants and drying them out. Windbreaks provide protection from winds. Windbreaks can be composed of brush, trees, fences, or buildings and should be around 20' away from the site.

6. ORIENTATION: Ideally, the garden site should be lined up on a north-south axis, with rows planted in a north-south direction (as they have more exposure to sunlight).

Other tips for planning and preparing your garden:

- Consider the space each plant needs when planning your garden: squash and melons go outwards in all directions; corn, broad beans and asparagus grow tall; radishes and carrots don't take up much room; eggplant, artichoke, and tobacco grow tall and wide.
- Keep your garden away from tree roots



- Keep in mind the time you have available to commit to your garden. It is far preferable to have a small successful garden than a large one overrun with weeds or underwatered.
- Plant tall plants (e.g. corn, beans) on north side of the garden so they do not shade other plants
- Plant perennials around the outside of the garden so as not to disturb them when working the soil in the fall and spring
- Soil should be worked to a depth of 8-10" prior to planting (a combination of a shovel, fork and rake can be used to till the soil)

For full MNBC Gardening Newsletter go to: <https://mailchi.mp/723972647451/mnbc-gardening-newsletter-october-115940427e-b32b2d40d2>

Louis' Journey to Prince George



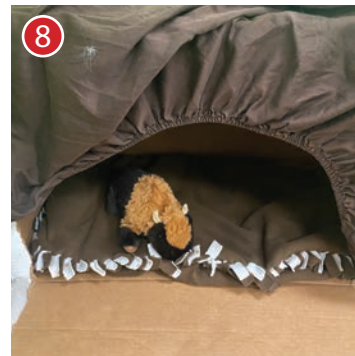
LOUIS' ADVENTURE BEGAN AT THE END OF JANUARY IN PRINCE GEORGE AT THE KIKI AWASIS LEARNING CENTER

Niwiowin Métis family services opened an indigenous based multi-age program in June 2022 that offers care to eight Métis children from birth to school age. Louis loved all the beautiful artwork from Karen Erikson a Métis artist. Can you find Louis in these pictures?

The children loved that Louis could join them outside and took turns showing them their favourite spots. They played in the snow and brought him to the community's little free library. After visiting the library Louis came up with an idea to share some of his favorite Métis books that you could read at home: *The Giving Tree: A Retelling Of A Traditional Métis Story*, *Relatives With Roots*, *The Diamond Willow Walking Stick*, *Métis Camp Circle: A Bison Culture Way Of Life*, *Fiddle Dancer*.

After our time at the library, we returned to the learning center where Louis was whisked off to the sensory bin where the children fed him treats as he had such a long walk and needed a snack. The children were learning about hibernation and had created a cave. Louis wanted to give the cave a try. He thought it was a great spot for the children to let their imagination explore. Do you know of any animals that will be coming out of hibernation this spring?

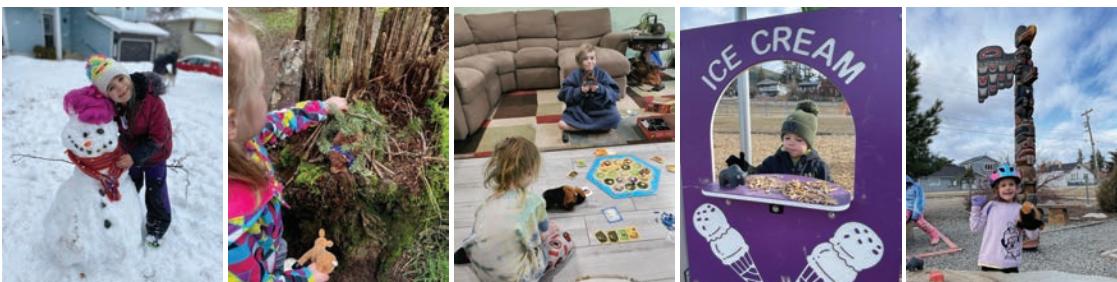
Just before lunch the children showed Louis how they make a campfire and roast marshmallows. Louis had a wonderful day and cannot wait for his next visit!



FOLLOW ALONG AS LOUIS TRAVELS. FULL OF CURIOSITY AND A LOVE OF LEARNING, LOUIS WILL BRING JOY AND LAUGHTER TO CHILDREN AND ADULTS ALIKE. SHARE WITH US YOUR LOUIS' JOURNEY BY SUBMITTING PHOTOS AND A BRIEF DESCRIPTION TO METISEARLYYEARS@MNBC.CA.

Thank You

TO OUR MÉTIS FAMILY CONNECTIONS FAMILIES THAT PARTICIPATED IN THE **FAMILY DAY LOUIS ADVENTURE CHALLENGE** AND SHARED THEIR MEMORIES WITH US



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